

Arkansas Rice



Arkansas ranks first among the six major rice-producing states, accounting for approximately 49 percent of U.S. rice production. Arkansas rice, known for its versatility, can be used in a wide variety of cuisines. It is enjoyed in the United States and throughout the world.

Economy

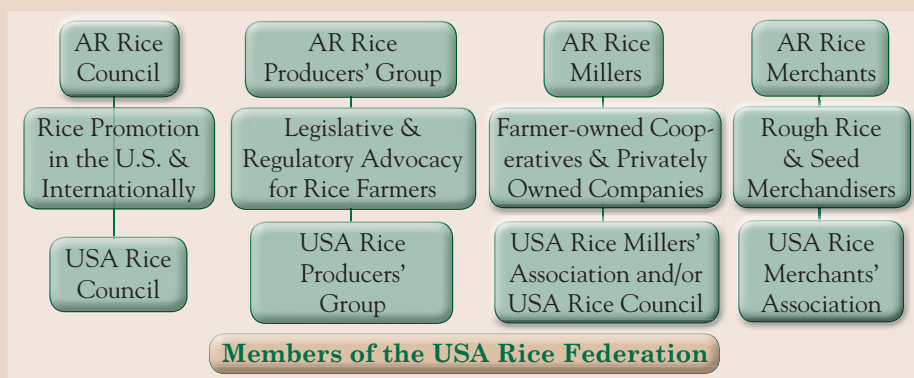
Arkansas grows rice on 1.5 million acres on average each year. Rice is the state's second-highest value commodity and the top agricultural export. The annual Arkansas rice crop contributes more than \$1.8 billion to the state's economy and accounts for thousands of jobs, which are crucial to many rural Arkansas communities.

State Rice Organizations

Arkansas rice production took root more than a century ago. Today, rice farmer and industry representatives chart the course for Arkansas rice through state and national organizations. For example, each of the 10 rice-growing districts elects three farmers to serve on the 30-member board of the Arkansas Rice Council. About two-thirds of those directors also serve on the USA Rice Council Board. Three farmer directors from each district also serve on the board of the Arkansas Rice Producers' Group, which names a delegation to the USA Rice Producers' Group.

In 2008, the Arkansas Rice Federation was formed as a coalition of the Arkansas Rice Council, Arkansas Rice Producers' Group, rice mills and merchants to enhance education on and outreach by the state's rice industry.

Arkansas Rice Federation at-a-Glance



Conservation and Sustainability

In Arkansas, managed rice fields and natural wetlands provide an important wintering area for North America's waterbirds. During the winter months, rice farmers capture rainwater in rice fields, creating vital resting and foraging habitat for migratory and wintering waterfowl. Winter flooding of rice fields also helps to prevent erosion, control weeds and protect soil nutrients.

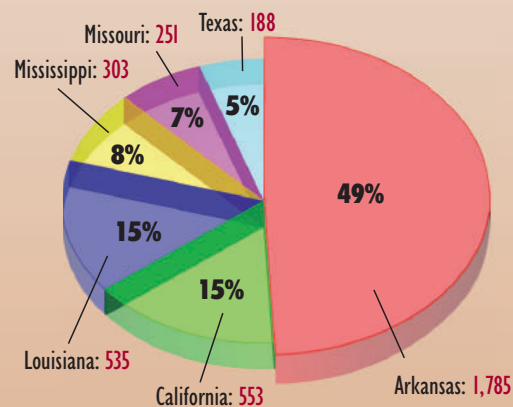
An industry study shows that over a 20-year period, rice farmers nationwide have achieved a:

- 21% decrease in land use
- 32% reduction in water use
- 34% decrease in soil loss
- 52% reduction in energy use
- 29% reduction in soil methane production



The U.S. Rice Industry by the Numbers

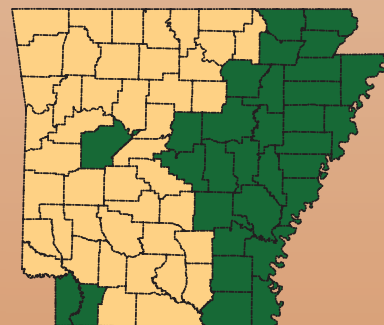
The U.S. Rice Industry Dedicated 3,615,000 Acres to Production in 2010



State numbers are in thousands of acres and percentages are rounded.

Source: U.S. Department of Agriculture, Crop Production 2010 Annual Summary

Arkansas Rice Counties



Arkansas, Ashley, Chicot, Clark, Clay, Cleburne, Conway, Craighead, Crawford, Crittenden, Cross, Dallas, Desha, Drew, Faulkner, Franklin, Greene, Hempstead, Hot Spring, Independence, Jackson, Jefferson, Johnson, Lafayette, Lawrence, Lee, Lincoln, Little River, Logan, Lonoke, Miller, Mississippi, Monroe, Nevada, Perry, Phillips, Pike, Poinsett, Pope, Prairie, Pulaski, Randolph, Saline, Sevier, Sharp, St. Francis, Stone, White, Woodruff, and Yell

*Green shaded areas represent rice-growing areas.

Fast Facts:

- One half-cup of enriched white or whole grain brown rice cost roughly 10 cents per serving.
- 44% of the nation's rice farm operators live in Arkansas.
- September is National Rice Month to spotlight the U.S. rice industry and its contributions to America's economy.

GROWN IN THE USA



Look for the "Grown in the USA Rice" logo on packages of 100% U.S.-grown rice. Buying American rice supports American farmers and the U.S. economy.

From *My Plate* to *Your Plate*



From MyPlate to Your Plate — Rice Fits!

The U.S. Dietary Guidelines for Americans / MyPlate recommend 6 one-ounce servings of grains daily (based on a 2,000-calorie diet), with half the servings coming from whole grains, such as brown rice, and the other half from whole or enriched grains like enriched white rice. The USA Rice Federation is a

USDA MyPlate National Strategic Communications Partner to educate consumers about healthy food choices. Go to choosemyplate.gov to find more about healthy eating.

Rice Eaters are Healthier

Recent research published in the *Journal of the American Dietetic Association* and *Nutrition Today* shows that eating enriched white and whole grain brown rice helps improve overall diet quality and potentially reduces the risk for many chronic diseases.



USA Rice Federation • www.usarice.com  



Orange Chicken and Vegetable Rice Bowl

- 1 tablespoon vegetable oil
- ½ pound skinless, boneless, chicken breasts, cut into strips
- 1 cup broccoli florets
- 1 carrot, thinly sliced
- ½ medium onion, sliced
- ½ each yellow and red bell peppers, sliced
- 1 ½ teaspoons grated fresh ginger
- 7 ounces low-sodium chicken broth
- ¼ cup orange juice
- 1 ½ teaspoons grated orange zest
- 1 ½ tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 ½ cups hot cooked brown rice

Preparation

In a large skillet or wok, heat ½ tablespoon of oil; add chicken and stir-fry until lightly browned; remove and set aside. In same skillet, heat remaining oil; stir fry vegetables and ginger 4-5 minutes, or until vegetables are tender crisp. Combine chicken broth, orange juice and

zest, soy sauce and cornstarch in a bowl and stir until smooth. Add to skillet, stirring constantly. Boil 1 to 2 minutes or until thickened. Stir in chicken and cook until heated through. Spoon over or toss with hot rice.

Yields 6 one-cup servings.